



FST Digital Advanced Training Course

12 FST Techniques to Become a Family Trauma Expert

COURSE CALENDAR

12 FST ADVANCED TRAINING TECHNIQUE MODULES

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|--------------------------------|------------------------------------|---------------------------------------|
| 1. Structural-Strategic Theory | 5. Stabilization vs. Active Trauma | 9. Feedback Loops and Undercurrents |
| 2. Motivational Phone Call | 6. Engaging the Extended Family | 10. Trauma Playbooks |
| 3. Stress Chart | 7. Safety First Contracts | 11. Troubleshoot and Dress Rehearsals |
| 4. Seed/Tree Diagram | 8. Nutrition and Trauma | 12. Relapse Prevention |

	MON - 10/12	TUE - 10/13	WED - 10/14	THU - 10/15	FRI - 10/16
Week 1	MODULE 1: STRUCTURAL- STRATEGIC THEORY	ORIENTATION 7pm ET Join Zoom Meeting			MODULE 1 OFFICE HOURS 12pm ET Join Zoom Meeting
Week 2	MON - 10/19	TUE - 10/20	WED - 10/21	THU - 10/22	FRI - 10/23
	MODULE 2: MOTIVATIONAL INTERVIEW				MODULE 2 OFFICE HOURS 12pm ET Join Zoom Meeting
Week 3	MON - 10/26	TUE - 10/27	WED - 10/28	THU - 10/29	FRI - 10/30
	MODULE 3: STRESS CHART				MODULE 3 OFFICE HOURS 12pm ET Join Zoom Meeting
Week 4	MON - 11/2	TUE - 11/3	WED - 11/4	THU - 11/5	FRI - 11/6
	MODULE 4: SEED/TREE DIAGRAM				MODULE 4 OFFICE HOURS 12pm ET Join Zoom Meeting
Week 5	MON - 11/9	TUE - 11/10	WED - 11/11	THU - 11/12	FRI - 11/13
	MODULE 5: STABILIZATION VS. ACTIVE TRAUMA				MODULE 5 OFFICE HOURS 12pm ET Join Zoom Meeting
Week 6	MON - 11/16	TUE - 11/17	WED - 11/18	THU - 11/19	FRI - 11/20
	MODULE 6: ENGAGING THE EXTENDED FAMILY				MODULE 6 OFFICE HOURS 12pm ET Join Zoom Meeting



Holiday Week

MON - 11/23	TUE - 11/24	WED - 11/25	THU - 11/26	FRI - 11/27

Week 8

MON - 11/30	TUE - 12/1	WED - 12/2	THU - 12/3	FRI - 12/4
<i>MODULE 7: SAFETY FIRST CONTRACTS</i>				<i>MODULE 7 OFFICE HOURS</i> 12pm ET Join Zoom Meeting

Week 9

MON - 12/7	TUE - 12/8	WED - 12/9	THU - 12/10	FRI - 12/11
<i>MODULE 8: NUTRITION AND TRAUMA</i>				<i>MODULE 8 OFFICE HOURS</i> 12pm ET Join Zoom Meeting

Week 10

MON - 12/14	TUE - 12/15	WED - 12/16	THU - 12/17	FRI - 12/18
<i>MODULE 9: FEEDBACK LOOPS AND UNDERCURRENTS</i>				<i>MODULE 9 OFFICE HOURS</i> 12pm ET Join Zoom Meeting

Holiday Week

MON - 12/21	TUE - 12/22	WED - 12/23	THU - 12/24	FRI - 12/25

Holiday Week

MON - 12/28	TUE - 12/29	WED - 12/30	THU - 12/31	FRI - 1/1

Week 13

MON - 1/4	TUE - 1/5	WED - 1/6	THU - 1/7	FRI - 1/8
<i>MODULE 10: TRAUMA PLAYBOOKS</i>				<i>MODULE 10 OFFICE HOURS</i> 12pm ET Join Zoom Meeting

Week 14

MON - 1/11	TUE - 1/12	WED - 1/13	THU - 1/14	FRI - 1/15
<i>MODULE 11: TROUBLESHOOTING AND DRESS REHEARSALS</i>				<i>MODULE 11 OFFICE HOURS</i> 12pm ET Join Zoom Meeting

Week 15

MON - 1/18	TUE - 1/19	WED - 1/20	THU - 1/21	FRI - 1/22
<i>MODULE 12: RELAPSE PREVENTION</i>				<i>MODULE 12 OFFICE HOURS</i> 12pm ET Join Zoom Meeting